



88th Edition

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Summer safety resources available

By April Phillips, Naval Safety Center Public Affairs

In an effort to save lives and reduce the risks associated with common summertime activities, the Naval Safety Center has compiled various resources for service members. The theme for this year's summer safety campaign is "Live to Play, Play to Live," and it focuses on the many ways Sailors, Marines, and their families can have fun without becoming a victim.

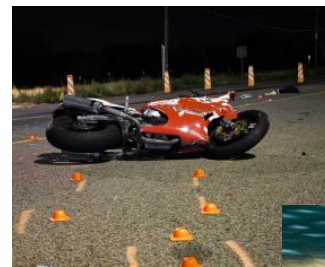
"Nearly everything we do for fun during the summer involves some level of risk," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center. "The important thing is to understand the potential dangers; carefully consider them and take the actions necessary to reduce the risk as much as possible. That's how you set yourself up for success all summer long."

Summer safety resources have been designed so commands can personalize them for their own safety standdowns or training sessions. The campaign includes presentations,

videos, articles for base newspapers, and traffic and recreation booklets.

Focus areas for this year's campaign include motor vehicle safety, alcohol awareness, and water safety. The majority of last summer's fatalities fell into these categories, and Johnson said these deaths affect mission readiness across the fleet.

"The loss of even a single trained and ready Sailor or Marine is unacceptable, especially during a time of war when manning, training and operating resources are tight," he said. "We need each and every one of you engaged and in the fight. We cannot afford the mission impact of any preventable-mishap losses this summer."



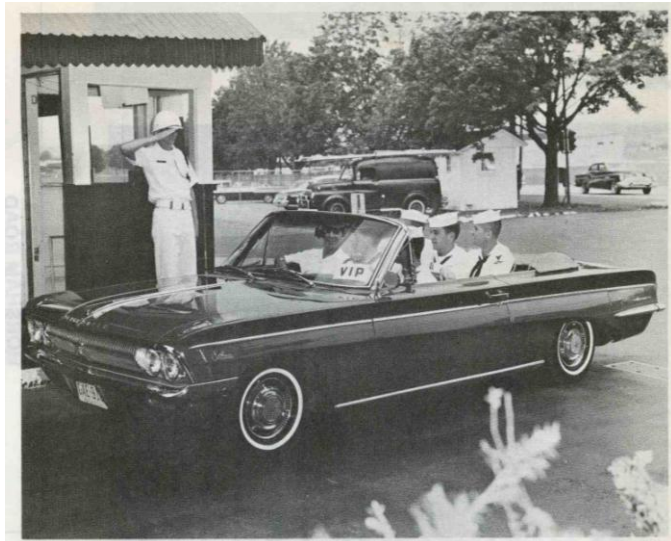
Live to
Play

Play to
Live



For more information about staying safe this summer check the web at www.safetycenter.navy.mil





What sailor today wouldn't like to own this beauty? AN D. L. Baddorf salutes men of Antisubmarine Squadron 935 and Patrol Squadron 933 through the gates of NAS Willow Grove. All the sailors in these two squadrons were treated as VIPs for their participation during the Berlin Crisis.

Main Gate of Old

As NAS JRB Willow Grove works on the BRAC transition process toward closure by September 2011, there are those among us that have a personal kinship to this facility and its history.

To keep the history alive, historical photographs of the base will appear periodically in this newsletter; starting with this photograph of the Navy's Main Gate (above). The clue as to when this photograph was taken is in the last sentence of the photograph's caption.

If anyone has any historical photographs of NAS JRB Willow Grove, contact Public Affairs Office at 215-443-1777 or send via email (as a jpg) with amplifying information to sherri.r.jones@navy.mil.

Property Tax/Rent Rebate Application Deadline Extended to End of Year

The deadline to apply for Pennsylvania's Property Tax/Rent Rebate Program for older adults and residents with disabilities has been extended from June 30 to Dec. 31. The rebate program benefits eligible Pennsylvanians who are 65 and older; widows and widowers 50 and older; and people with disabilities 18 and older. Obtain Property Tax/Rent Rebate claim forms (PA-1000) and related information online at www.PaPropertyTaxRelief.com or call 1-888-222-9190.



For federal government employees the Employee Assistance Program is a prepaid and confidential program designed to help employees and their dependents resolve problems which may be interfering with their personal, work or home life. EAP Consultants offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals. EAP Counselors work as a team to find solutions. For assistance, call EAP Consultants at: 800-869-0276 or request services by secure e-mail on the Member Access page of the website at <http://www.eapconsultants.com/>.



Summer Time Energy Saving Tips



The following tips are designed to help you choose effective ways to reduce your energy bills. Some measures may not be relevant depending on climate, the age of your home and appliances, and past improvements made to your home. Equipment mentioned must be electric powered for estimates to be accurate.

Turn up your thermostat: During the summer months, set your thermostat to 78 degrees when you are home and 85 degrees or off when you are away. Using ceiling or room fans allows you to set the thermostat higher because the air movement will cool the room. Always take into account health considerations and be sure to drink plenty of fluids in warm weather. (Save: 1 - 3 percent per degree, for each degree the thermostat is set above 72 degrees)

Use your appliances wisely: To help prevent electricity outages, avoid running your appliances during peak hours, -- from 4 p.m. to 6 p.m. -- or anytime an electricity emergency is declared.

(For more ways to save check the web at <http://www.consumerenergycenter.org/tips/summer.html>)



LS3 Kam To proudly shows off the command coin that Captain David Opatz, installation commanding officer, presented to him, LS2 Jarett Herbert, and LS2 Luis Acostaalmonite (standing next to the CO left to right), assigned to FISC Supply recently. Acostaalmonite is responsible for the Inventory and Location Audit program; Herbert started the Integrated Barcode System; and To is responsible for the flight clothing and shelf life programs; of which all three of these programs received a perfect score on the inspection. These Sailors were honored due to their outstanding performance in assisting the department with earning a perfect score on a recent ASD/FISC inspection by Commander Naval Air Force Reserve. Photo courtesy of FISC Supply.

Federal Voting Assistance Program Marks Armed Forces and Overseas Citizens' Voters Week

The Federal Voting Assistance Program (FVAP) will launch an online voter registration assistant in conjunction with Armed Forces Voters Week (AFVW) and Overseas Citizens' Voters Week (OCVW) June 28-July 7, to help more than 6 million military, their voting age dependents, and overseas voters better navigate the registration process. The new online FVAP Voter Registration Assistant, available Monday, helps automate a once cumbersome, manual process in advance of the mid-term elections. Go to www.fvap.gov to register and request your absentee ballot.

The online FVAP Voter Registration Assistant guides users through voter registration, avoiding the confusion of navigating the State-by-State instructions to fill out the registration forms. Guiding voters step-by-step ensures that all information is filled out completely before moving on. At the end of the process, the assistant provides the completed form for signature and the appropriate address and delivery information for their voting district (mail, fax or email).

"You may be absent come Election Day, but you CAN be accounted for," remarked Bob Carey, FVAP director. "Go to FVAP.gov, fill out your registration and absentee ballot application online, and send it back in July so that your election official has time to process it and send you back your absentee ballot for the November general election."

To support the launch of the online assistant, and in celebration of AFVW and OCVW, FVAP has also unveiled a worldwide marketing campaign designed to direct voters to www.fvap.gov, where they can find and utilize the absentee voting resources made available by the government.



**EXERCISE YOUR
RIGHT TO VOTE!**



**HAVE A SAFE AND HAPPY
4TH OF JULY
DON'T DRINK AND DRIVE!**

This is the 88th edition of the bi-monthly enewsletter. The goal of this enewsletter is to provide you, the reader, with the most up-to-date information on what is happening in and around the 'Grove. However, with a small staff, I need to hear from you. Your feedback to the readability, information, etc. will assist us in providing you with the most useful information on a regular basis. If you wish to receive this enewsletter, please send an email to sherri.r.jones@navy.mil or michelle.rovner@navy.mil.

The distribution of this enewsletter is done by using the Willow Grove all account on Microsoft Outlook and personnel signed up. If you have trouble viewing this document, change your view to print layout.

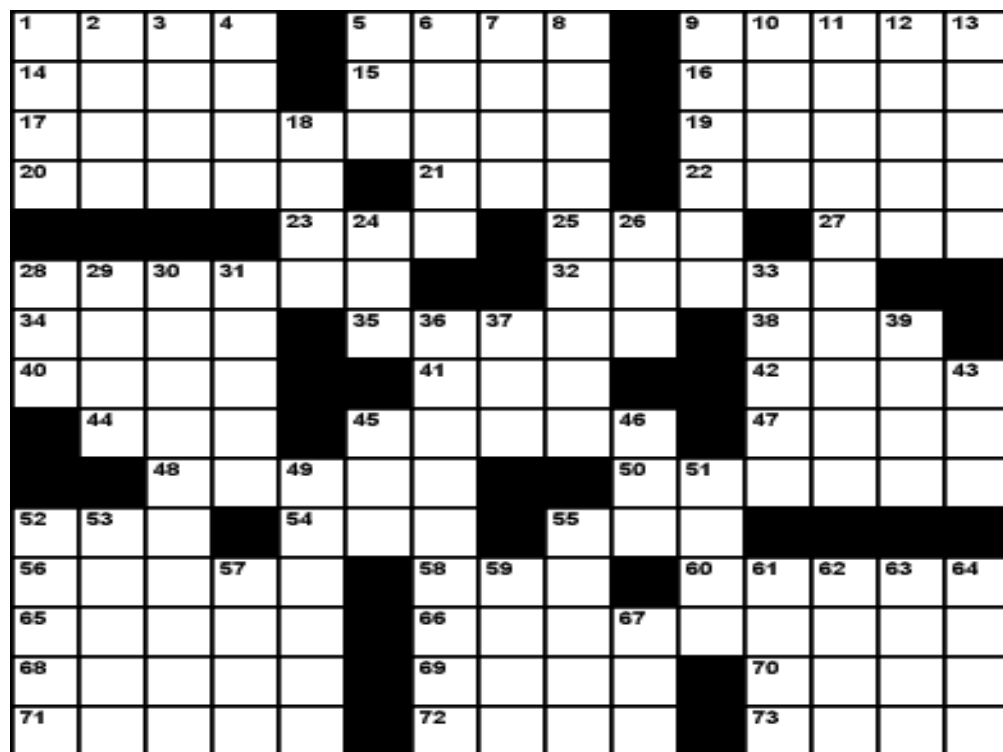
Patriots' Penn Staff

Public Affairs Officer (PAO)
Sherri R. Jones

Public Affairs Specialist
Michelle R. Rovner

Fourth of July by Dave Fisher

Note: This puzzle contains two diagonal entries running from top and bottom left which spell out two timely phrases.



Across

1. Hawkeye State
5. Grocery, e.g.
9. Scruffs
14. Comparison: abbr.
15. Throb
16. Bay window
17. Deluxe insulation
19. Above: prefix
20. Lost, figuratively
21. Indian bread
22. Associate
23. Commercial-free network
25. Hole in the head?
27. Martini option
28. Kindle
32. It has riser and tread
34. Tom, Dick and Harry, for example
35. So ___
38. These in Ste-Thérèse
40. Omen
41. Lyric poem
42. Baseball Hall-of-Famer, Slaughter
44. Frat letter
45. Paid the pot
47. Westwood campus
48. Gloucester good byes
50. Opie to Bea
52. Afternoons

54. Compass pt.

55. Michigan or Ontario in French

56. Very eccentric

58. IV tripled

60. Minor official

65. Braid

66. Limitless

68. Bunsen burners

69. Once more with a difference

70. Salty sea

71. Sashay

72. Period of calm

73. Just

Down

1. UN nuclear watchdog
2. Taking care of (as a task)
3. Large amounts
4. Away from the wind
5. Boy
6. Desktop images
7. Unstressed vowel
8. Volunteer State
9. Cosa ___
10. Wild sheep
11. Hand tool with jaws
12. Spooky
13. Incline
18. Engrossed
24. Maude portrayal

26. _ Z

28. "___ You" (Hollies hit)

29. Film crew member

30. Bit of bedroom furniture

31. Ancient Greece

33. What windows do in cold weather

36. Platonic

37. Banned pesticide

39. Dover fish

43. Spotted

45. Support grps.

46. Test often in the news

49. African bloodsucker

51. Color of unbleached silk

52. John Paul et al

53. Opposite of uni-

55. Slander

57. Iranian dollar

59. Northern natives

61. Within: prefix

62. The ideal garden

63. Scallopini, often

64. Whirlpool

67. Potter bird

crossword copyright
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Base Realignment and Closure Update

Employees Assistance Programs (EAP)

Economic Downturn Taking Toll On Americans... A new national survey reports that the economic downturn is taking a toll on the mental health of Americans. According to the report, individuals who experienced involuntary changes in their employment status, such as pay cuts or reduced hours, also are twice as likely to have these symptoms, even though they are employed full time. With the increased strain caused by the economic downturn, mental health experts warn that it is important to learn to recognize the symptoms of depression and other mental conditions.

Overview of Department of Navy's Employees' Assistance Program (EAP) Services:

- EAP Consultants, Inc Counselors are immediately available 24 hours a day, 7 days a week.
- Telephones are live-answered, with no voice prompt system.
- Secure web-based access to services.
- Confidential in-person and telephone assessment, counseling, referral and follow-up for all types of personal problems that can interfere with job performance and overall well-being.
- National network of experienced, licensed clinicians provide counseling services in offices located conveniently to your employees.
- Work/Life services including legal consultation, financial advisement, child care and elder care referrals, adoption resources, academic referrals and pet care services.
- Internet-based EAP, work/life, wellness, workplace and management services and resources.
- Wellness services including a 24 hour Nurse Help Line and Smoking Cessation programs.
- Legal: Our attorneys provide no cost consultation and assistance regarding all legal matters, except employment law. Also included, at no cost, are Simple Wills, document reviews, and making a phone call or writing a brief letter if it will resolve a legal matter. If legal services are needed beyond the EAP, a 25% discount off our attorney's hourly rate is available.
- Financial and Credit Counseling, and Seminars

Professional Financial Specialists help participants with debt matters, investment options, money management, and retirement planning. Financial seminars are available, at no extra cost in most locations, on such topics as money management, annual tax changes, retirement planning and saving for college.

-Child Care: Child Care Specialists help parents assess their child care needs and explore child care options. Referrals are provided for all types of child care, schools and camps. We call resources to verify immediate openings and to confirm the appropriateness of the referral.

Your EAP is here to help...To obtain no cost counseling or other EAP services, please call an EAP Consultants, Inc Counselor at 800-869-0276 or securely request services from the Member Access section of the EAP website: www.eapconsultants.com.

Base Realignment and Closure Points of Contact

Marty Schy (215-443-1775)
Program Manager
marty.schy@navy.mil

Jim Rugh (215-443-1762)
Tenant Command Facilitator
james.rugh@navy.mil

Ron Switzer (215-443-6099)
HR Transition Coordinator
ronald.switzer@navy.mil

OPM web site: www.opm.gov

N A S J R B Willow Grove



Program Information

Aquatics ~ All Hands Pool**215-443-6079****Hours of Operation:**

Monday - Friday 0600 - 0800 Lap Swim
1100 - 1900
Saturday & Sunday 1100 - 1900
Friday Dive-In Movie 1830 - end of movie

Auto Skills Shop & Outdoor Rec**215-443-6087****Auto Shop & Outdoor Recreation Hours of Operation:**

Tuesday - Saturday 0900 - 1700

Child Dev. Ctr. & Summer Camp**215-443-6020****Hours of Operation:**

Monday - Friday 0630 - 1730
Open Saturday and Sunday on Drill Weekends

Fitness Center 215-443-6066**Sports 215-443-6090****Fitness Center Hours of Operation:**

Monday - Friday 0530 - 2100
Saturday - Sunday 0800 - 1630
Holidays - Closed

Sports Director Hours of Operation:

Monday - Friday 1100 - 1600

Information, Tickets & Tours**215-443-6082****Hours of Operation:**

Tuesday - Saturday 0900 - 1500
Monday & Holidays - Closed

Pitcairn Recreation Center**215-443-6081****The Joint Hours of Operation:**

Monday - Friday 1100 - 1300 Lunch Buffet

The Pit Stop Hours of Operation:

Monday - Friday 0630 - 0930 Breakfast
1000 - 2100 Lunch & Dinner
Saturday - Sunday 1100 - 1900

The Library Hours of Operation:

Monday - Friday 0800 - 1630
Library is located in Liberty Hall 215-443-6095

MWR Schedule of Events

Every Monday	1130 Spin w/ Claudia Aerobics Room 1700 Wii Sports Night at the Pit Stop
Every Tuesday	1130 Express Fitness Aerobics Room 1200 15-Minute Abs class Aerobics Room 1830 Movie Night at the Pit <i>July is "Patriotic" Movie Month - See below for Tuesday night movie schedule</i>
Every Wednesday	1130 Spin w/ Claudia Aerobics Room 1530 FEP Spin Aerobics Room 1830 Game Show Night at the Pit Stop
Every Thursday	1130 Express Fitness Aerobics Room 1200 15-Minute Abs class Aerobics Room 1900 Rockband & Karaoke Night @ the Pit Stop
Every Friday	1130 Spin w/ Claudia Aerobics Room 1830 Dive-In Movies at the pool are back!! <i>See below for Friday night movie schedule</i>
On Sale Now! Contact ITT Office	Tee Time 2010 Golf Books \$54.95 ea Six Flags New Jersey Tickets only \$28.00!
I.T.T. Discount Codes	Great Wolf Lodge - Discount code NAVA190A Caesars Pocono Discount Code #16181 GovArm, Sato, Armed Forces Vacation Club #159
FREE at I.T.T. until supplies last!	FREE - TIGER WOODS AT&T National Golf Tournament - Tickets Good 1 day any day during the tournament!!
28 June-July 3	Dorneypark Special at Gate \$26.99 admission for any past or present US Armed Services personnel. Up to 4 direct dependents may purchase tickets.
04 & 05 July	Dorneypark @ Gate special - Free Active or Retired Military with option to purchase up to 6 additional tickets for direct dependents \$26.99 ea.
Friday, 02 July	1830 showing "Aliens in the Attic" at the pool
Tuesday, 07 July	1830 showing "The Hurt Locker" at the Pit Stop
Friday, 09 July	1830 showing "Alice in Wonderland" at the pool
Tuesday, 13 July	1830 showing "Stop Loss" at the Pit Stop
Friday, 16 July	1830 showing "Amelia" at the pool
Friday, 16 July <5 K>	0730 National Hot Dog Month 5K. Race begins behind Bldg 2. Register at the Fitness Center
Tuesday, 20 July	1830 showing "Clear and Present Danger" at the Pit Stop
Friday, 23 July	1830 showing "G-Force" at the pool
Tuesday, 27 July	1830 showing "Independence Day" at the Pit Stop
Friday, 30 July	1830 showing "How To Train Your Dragon" at the pool
Saturday, 31 July	Tom Petty & The Heartbreakers Club Box \$230 at Wachovia Center Philadelphia. Order now.

Roller Hockey Rink ~ Now Open !

→ Equipment will soon be available at the pool.

Outdoor Recreation is open.

- Stop by Auto Hobby Shop for price lists on all your Outdoor Recreation needs.
- Grills, Campers, Coolers, Tables, Tents, Chairs & more!
- For more information, call 215 443-6087.

Call or visit the Auto Shop ~ Oil, Lube & Filter Service - Only \$12. Bring your own oil and filter.

MWR is accepting applications for part-time employment.

- For more information, contact Tara Brennan at the Pitcairn (215) 773-2146.

Sports ~ 16 July is National Hot Dog Month 5K

- Begins 0730 behind Bldg 2. Register at the Fitness Center

Holiday schedules at the 'Grove

During the 4th of July weekend, the following services will be offered at either a reduced schedule or closed:

Naval Health Clinic: Closed 2-5 July.

NEX: Sunday, 4 July – Closed Monday, 5 July – 11 a.m.-4 p.m.

NFCU: Saturday, July 3 – closed; reopen on Tuesday, July 6, normal hours of operation 9 a.m.-4:30 p.m.




	<i>Friday 2 July</i>	<i>Saturday 3 July</i>	<i>Sunday 4 July</i>	<i>Monday 5 July</i>
<i>Aquatics</i>	<i>0600-0800 1100-1900</i>	<i>1100-1900</i>	<i>1100-1900</i>	<i>1100-1900</i>
<i>Auto Hobby</i>	<i>0900-1700</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>CDC</i>	<i>0630-1730</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>Fitness</i>	<i>0530-1900</i>	<i>0800-1630</i>	<i>Closed</i>	<i>0830-1630</i>
<i>I.T.T.</i>	<i>0900-1500</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>Library</i>	<i>0800-1630</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>Orion's Bar</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>Pitcairn Joint Lunch Buffet</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
<i>Pitcairn Rec Center Pit Stop Grill</i>	<i>0630-2100</i>	<i>1100-1900</i>	<i>1100-1900</i>	<i>1100-1900</i>